

## Taking Responsibility for Your Own Stress (STRESS)

**COURSE NUMBER     FAA01194**

For information about this course, contact:  
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 (386) 446-7132

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### DESCRIPTION AND LEARNING STRATEGY

Rapid change, fewer people, increased responsibilities, limited resources, and confusion about what each of us has control over all seem to be adding to a sense of helplessness, frustration, and lack of choice. This workshop provides strategies for effectively dealing with stress. Participants will focus on making the distinction between those things over which they do and do not have control or influence.

Participants will critically examine their leadership behaviors, especially as they relate to coping during times of ambiguity. They will consider the power of choosing proactive responses, rather than just reacting to situations, and will discuss the application of principle-centered choice to the workplace.

Making these personal choices to be more effective can be difficult. Participants will be provided Stress Management information with suggested stress reduction techniques. During the session, participants will engage in facilitated dialogue, simulations, and interactive lectures to discover the value of personal choice in a professional environment and the strength to take such action.

### OBJECTIVES

- Differentiate among reaction and principle-centered choice.
- Identify strategies for solving problems through principle-centered choices.
- Reduce associated job stress.

### KEY COMPETENCIES

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| <ul style="list-style-type: none"> <li>• Agility</li> <li>• Building Teamwork and Cooperation</li> <li>• Communication</li> <li>• Developing Talent</li> </ul> | <ul style="list-style-type: none"> <li>• Integrity and Honesty</li> <li>• Interpersonal Relations and Influence</li> <li>• Problem Solving</li> </ul> |
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### CLASS SIZE

20 participants

### LENGTH

4 hours

(Class times may vary.)

### LOCATION

Customer site or  
 FAA Center for  
 Management and  
 Executive Leadership  
 Palm Coast, Florida

### UPCOMING DELIVERIES

This course is currently available only as a fee-for-service delivery.

### WHO SHOULD ATTEND

Employees who have a need for increased self-management and reduction of job related stress

### ENROLLMENT

To arrange a **fee-for-service delivery**, call Shep Curl at (386) 446-7132.

### PREREQUISITE

None

### PRECOURSE

None

### RELATED COURSES

Managing Change  
 (FAA01306)